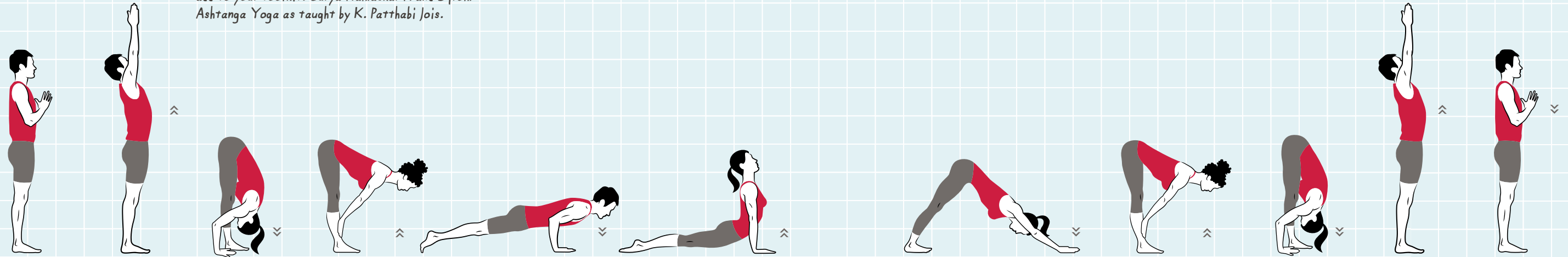


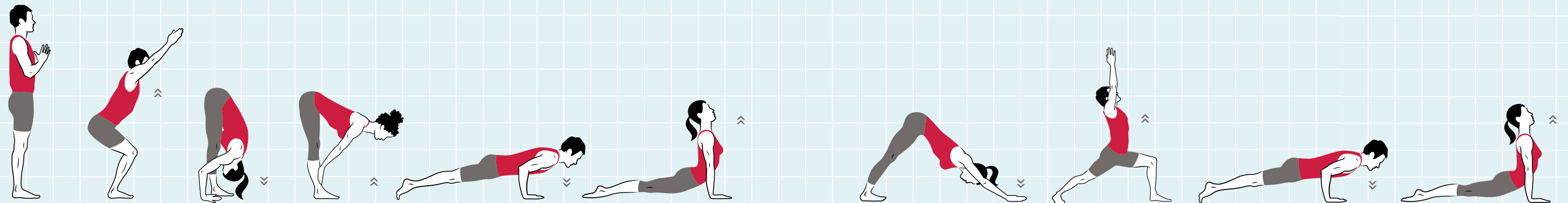
SURYA NAMASKAR A

Here are two more essential Sun Salutations to add to your toolkit: Surya Namaskar A and B from Ashtanga Yoga as taught by K. Pattabhi Jois.

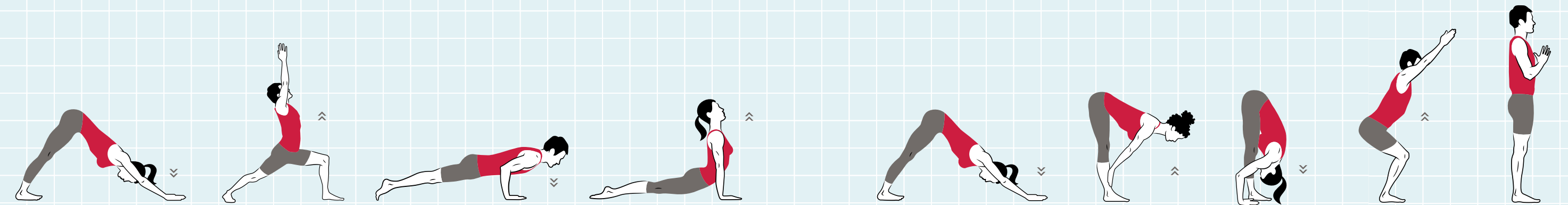


- 1 TADASANA
- 2 URDHVA HASTASANA
- 3 UTTANASANA
- 4 ARDHA UTTANASANA
- 5 CHATURANGA
- 6 URDHVA MUKHA SVANASANA
- 7 ADHO MUKHA SVANASANA
- 8 ARDHA UTTANASANA
- 9 UTTANASANA
- 10 URDHVA HASTASANA
- 11 TADASANA

SURYA NAMASKAR B



- 1 TADASANA
- 2 UTKATASANA
- 3 UTTANASANA
- 4 ARDHA UTTANASANA
- 5 CHATURANGA
- 6 URDHVA MUKHA SVANASANA
- 7 ADHO MUKHA SVANASANA
- 8 VIRABHADRASANA I (RIGHT LEG FORWARD)
- 9 CHATURANGA
- 10 URDHVA MUKHA SVANASANA



- 11 ADHO MUKHA SVANASANA
- 12 VIRABHADRASANA I (LEFT LEG FORWARD)
- 13 CHATURANGA
- 14 URDHVA MUKHA SVANASANA
- 15 ADHO MUKHA SVANASANA
- 16 ARDHA UTTANASANA
- 17 UTTANASANA
- 18 UTKATASANA
- 19 TADASANA